



Inmate was out of control: Warden

Inquest hears Ashley Smith's self-harming reputation preceded her at the Nova Institution for Women
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Tuesday, February 26, 2013



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Five years for man in 'Sleepwatcher' case

Behind bars.

Dartmouth man has 10 prior convictions for break-and-enter, assessed as 'moderate' risk to reoffend

The man accused in several of Halifax's "Sleepwatcher" cases sat motionless as a Nova Scotia Supreme Court Justice delivered his sentence on a single count of break-and-enter.

"I am strongly influenced by Mr. Sinclair's criminal record and prior convictions for break-and-enter along with other offences," said Justice Michael Wood before handing Barry Edward Sinclair a five-year prison term.

Sinclair, 51, will serve no more than four years behind bars because he's been in custody for the last year. As part of his sentence, he will also be required to submit a DNA sample.

The man accused of several crimes related to the south-



Crown attorney Denise Smith speaks to reporters on Monday at Nova Scotia Supreme Court after the sentencing of Barry Edward Sinclair. JEFF HARPER/METRO

end "Sleepwatcher" cases was originally charged with breaking into two apartments in September 2011 and watching women sleep.

He was found guilty last November on one count, and not guilty on the other.

Sinclair was also acquitted of five counts of voyeurism related to a video seized from his home of women in various stages of undress, filmed without their knowledge.

During the sentencing hearing the Crown asked for

a six-year prison term for Sinclair, which Justice Wood called "understandable and reasonable."

The defence asked for 18 months.

A forensic and clinical psychologist who testified for the Crown said a risk assessment of Sinclair suggested that his criminal history put him at a moderate to high risk to reoffend.

The risk assessment was based on three pillars, two of which the defence argued

were not met.

Defence lawyer Luke Craggs also argued, based on gaps in the record and his client's quiet lifestyle, that his sentencing should be considerably less than the three-year established benchmark.

Crown attorney Denise Smith argued that voyeurism was the aggravating factor leading up to the break-in.

"We can never be inside the head of the offender we can only examine what the offender has actually done, in this case a break-and-enter," said Smith. "Certainly, the court is within its right to determine whether (a sexual component) has actually been proved or not."

Sinclair was sentenced to four years in custody for break-and-enter charges in 1998.

MARIKA MCKENZIE/FOR METRO

Criminal record

28

The number of previous criminal convictions against Sinclair.



Barry Edward Sinclair of Dartmouth is escorted out of Halifax provincial court last year. METRO FILE



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Witness-protection funding beefed up in police budget

HRP. Police board green-lights \$73-million budget focused on new investigative techniques, protection of sources



RUTH DAVENPORT
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The Halifax Regional Police budget for 2013-14 has cleared its first hurdle with a thumbs-up from the Board of Police Commissioners.

The board voted on Monday

to send the \$73-million budget to Halifax regional council for approval after a meeting on Monday, despite an increase of 5.4 per cent from 2012-13.

"When you go through these items line by line, I don't personally see any other room there to make further or deeper cuts," said Coun. Barry Dalrymple.

The major cost driver is a wage increase for unionized HRP employees, as dictated by a 12-year contract negotiated in 2003.

The budget contains no job cuts, but does include an extra \$250,000 for witness protection and funding increases

for special investigative techniques.

HRP Chief Jean-Michel Blais said witness protection has been "woefully underfunded" to date, and the new money will allow better protection of people with information about high-level crimes.

"We're only as good as the information we get," he said. "If that information is just bits of information without being sustained through testimony, then it has no value. This is what we're hoping for, that we can get credible information that can turn into evidence."

An estimated six to eight people have been relocated, to

'Woefully underfunded'



"With the extra money, we can provide the protection of individuals.... We have used (the program) with a significant amount of success in the past."

HRP Chief Jean-Michel Blais

varying extents, under the program in the last 12 months.

The budget also proposes

"civilianizing" seven sworn officer positions in an effort to save money.

Two of those positions are Community Response Officers (CROs), which did not sit well with Coun. Linda Mosher.

"They have access to the police files, the reports; they can assist members with charges, track suspects.... Civilians can't do this part of the job," she said, citing the impact of CROs in addressing graffiti and vandalism in her district.

Blais said the sworn officers wouldn't be replaced by just anyone, suggesting retired police officers could potentially fill the CRO roles.



A shadow of winter's former self

A couple rounds the Emera Oval on Monday afternoon in Halifax. Temperatures in HRM reached 1 C and Environment Canada is calling for sunny weather until Thursday.

JEFF HARPER/METRO

Police looking to identify pair from New Year's Day bus attack

Halifax Regional Police have released an image in hopes of identifying a man and woman they say are responsible for an incident involving a gun and an assault on a Metro Transit bus on New Year's Day.

Just after 1:30 a.m. on Jan. 1, police say a man and woman were involved in a verbal exchange with four younger women on a bus travelling on Wyse Road in Dartmouth. Police say the man produced what is believed to be a handgun during the exchange, and pointed it at the heads of two of the vic-

Cops seeking help

Anyone with information on the incident is asked to contact police in Halifax or Crime Stoppers at 1-800-222-TIPS (8477).

times.

The suspects eventually left the bus and fled the area on foot, but not before police say the woman punched one of the victims in the face.

There were no injuries, and police still haven't been able to identify the man and



Police are looking to identify these two people for questioning in an assault.

HANDOUT/HALIFAX REGIONAL POLICE

the woman.

The man is described as being in his 20s, five-foot-eight, with a slim build. The

woman is also believed to be in her 20s, and is described as having long black hair.

PHILIP CROUCHER/METRO

Throne speech

General assembly to open in March

Nova Scotia's elected representatives will reconvene in Halifax for the next legislative session in late March.

A release from the Speaker's Office states the fifth session of the 61st general assembly will open March 26.

Lt.-Gov. J.J. Grant will read the speech from the throne at 2 p.m. The fourth session of the legislature will be prorogued at 11 a.m.

The timing of the new session sets the stage for a budget to be delivered in the first week of April.

METRO

1 NEWS

Purcell's Cove. Hooking up water and sewer could cost up to \$15M

Purcell's Cove residents could pay more than \$60,000 per property for water and sewer if an extension ever goes ahead.

As part of the HRM-appointed study, CBCL consultants presented their estimates for different service options to over 100 people at a community meeting Monday night in Spryfield.

"It's definitely a Twilight Zone exercise," said resident Johanna Lunn after the presentation.

"We're talking around it and creating a shape for this development to take place, but nobody wants it."

Steve Murphy of CBCL outlined the costs of each option based on 245 properties in Area 1. Currently there are 160 properties, but he said the extra lots were included to account for future subsidization.

If paid by Area 1 residents alone, cost of services would be about \$15 million per option, and \$60,000 per property.

But if 1,200 new units were made, which Clayton Developments proposed in

Meeting

The next scheduled meeting is set for March 25.

an earlier meeting, the cost drops to around \$10,000 per property.

Estimates only include laying a pipe to the property line. Individuals would pay to get water and sewer into their house.

Resident Alastair Trower said if properties aren't subsidized according to plan and costs are based on the current 160 lots, the price would be \$97,000 per property.

Coun. Linda Mosher has said the study will be used as a blueprint in the future, adding that adding that development would only happen if residents want it.

Lunn, however, has said that's "so off."

"We have a surplus ... between 30 and 80 years of property in suburban areas to develop," Lunn said.

"We're talking about a blueprint for 100 years from now." **HALEY RYAN/METRO**

(Paper)man of the hour



Director John Kahrs poses with his award for best animated short film for *Paperman* during the Academy Awards at the Dolby Theatre in Los Angeles on Sunday. **JOHN SHEARER/INVISION/THE ASSOCIATED PRESS**

Big leagues. NSCAD grad wins Oscar for best animated short



HALEY RYAN
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The Oscar spotlight shone down on a Nova Scotia Community College of Art and Design grad during the prestigious movie awards.

John Kahrs won best animated short for *Paperman*, a seven-minute Disney Pixar film he wrote and directed, at the 85th Academy Awards on Sunday.

"It's certainly the buzz in my office and at the film school too," NSCAD spokesperson Marilyn Smulders said Monday.

"I was watching because I knew he was up for it.... I screamed and my daughter texted me from her bedroom:

School pride

"It's things like this that really show us off."

Marilyn Smulders, NSCAD spokesperson

"What are you screaming about?" Smulders said.

Paperman is a black-and-white animated film about the fleeting connections people make in a big city and what would happen if they reunited, thanks to a little Disney magic.

"It's almost a return to old-fashioned, hand-drawn animation," Smulders said. "He's only got a short amount of time to tell a story and you're immediately captivated by it."

From the Hudson Valley in New York, Kahrs came to NSCAD for a bachelor of fine arts and graduated in 1990.

"You could jump around from the dark room to the easel to the metal shop to the computer lab.... I was a painting major but I really was a jack of all trades," Kahrs said in an interview with Smulders.

The province also officially congratulated Kahrs in a press release on Monday.

Smulders said Kahrs' award shows young people that a great career is possible with an arts degree.

"For students here with their heads down really working in a studio late at night ... this is where it can lead," she said.

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Playground set ablaze by teens: Cops

Dartmouth. Group of youth were seen running away from the large fire engulfing the ferry-terminal playground



PHILIP CROUCHER
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A large fire engulfed the Dartmouth ferry-terminal playground on Monday evening after police say a small wooden boat was set ablaze.

Halifax Regional Fire along with officers with Halifax Regional Police were on scene around 5:15 p.m. after the boat was believed to be set on fire.

Peter Andrews, acting divisional commander for Halifax fire, said two fire trucks were dispatched after a security guard at Alderney Landing saw some youth in the area. The subsequent fire was spotted soon after, he said.

Online

Video of the fire posted online showed heavy flames and a large amount of thick black smoke going into the darkening sky.

When they got there,

there was a plastic boat and some playground area that was fully involved," Andrews said. "So they ran a line and extinguished (the fire)."

"There was some significant damage to the boat structure — probably in the range of \$10,000 to \$15,000."

Police say five teenagers — four males and one female between the ages of 16 and 17 — were spotted running from the area before police arrived.

A group of teens fitting the description were eventually located, police say, and were all questioned and then released.

"At this point in time they haven't been charged," said HRP Staff Sgt. Lindsay Hernden.

Hernden also said it's "still up in the air" whether there is video footage from the terminal that police could use in their investigation.

WITH FILES FROM HALEY RYAN



Firefighters on scene after the fire at a Dartmouth waterfront playground on Monday. SEAN DEWITT/CONTRIBUTED

Closing in May. Halifax foodie favourite Fid Resto calling it a day

A favourite among Halifax foodies is closing its doors.

The owners of Fid Resto have announced in a release on Monday that they'll pull the plug on the restaurant at the end of May.

"The lease was up for renewal and this provided a natural timeline for the owners to review their priorities and future plans," states the release.

Chef Dennis Johnston opened Fid in 2000 along with his wife, Monica Bauche, serving high-end dishes made with local, sustainably sourced ingredients.

The restaurant was reinvented as Fid Resto in 2009 and in recent years began serving the highly popular back-door Pad Thai lunch special, the preferred choice of metropolitan diners looking for an alternative to fast food.

The release said the owners met with staff on Sunday to tell them about the closing.



Local eatery Fid Resto announced Monday it is closing its doors at the end of May. JEFF HARPER/METRO

"We've put a great deal of thought and consideration into our decision," said Johnston in the release. "While not easy, it feels right and we are looking forward to whatever the future holds for us both."

RUTH DAVENPORT/METRO

Possible criminal charges

Prosecutors reviewing N.S. woman's death after incarceration

The case of a Nova Scotia woman who died of a stroke following her incarceration by police has been referred to the province's Public Prosecution Service to see if criminal charges should be laid.

Victoria Rose Paul of Indian Brook died in hospital days after she was left lying unattended in the Truro police lockup after being arrested for public drunkenness in August 2009.

A subsequent review ordered by Justice Minister Ross Landry found that police did not properly monitor Paul's health while she was in custody.



Victoria Rose Paul TRURO DAILY NEWS

The review said the 44-year-old woman wasn't medically assessed or taken to hospital until 10 hours after she was put in jail.

In an email, Landry says prosecutors will examine the case to see if charges are warranted.

The Nova Scotia Native Women's Association says it's pleased with Landry's move because the review had no mandate to look into criminal wrongdoing.

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Prosecutors seek trial for Concordia captain

Deadly shipwreck.

Captain depicts himself as a hero, while cruise company lays blame on human error

Italian prosecutors on Monday officially requested an indictment of the Costa Concordia's captain on manslaughter charges in the shipwreck of the cruise liner that killed 32 people last year off the Tuscan coast.

Prosecutors based in Grosseto, Tuscany, also are seeking a trial for Francesco Schettino, the captain of the luxury cruise liner, on charges of causing a shipwreck and abandoning the vessel during the frantic and confused evacuation of passengers and crew.

The Concordia was conducting a publicity stunt off the coast of tiny Giglio island the night of Jan. 13, 2012, prosecutors say, when it slammed into a jagged reef, which speared the ship and left a 70-metre-long gash



The cruise ship Costa Concordia leaning on its side near the shore of the Tuscan island of Giglio, Italy.
PAOLO SANTALUCIA/THE ASSOCIATED PRESS FILE

in the hull. The cruise liner quickly took on water and capsized, ending on its side near the island's port.

Prosecutors also requested the indictment of five other

crew members, including two other officers on the bridge. The proposed charges against them vary, but all are accused of manslaughter.

Schettino has tried to de-

pict himself as a hero, claiming it was his deft steering after the collision that allowed the ship to move closer to the port and help save lives.

THE ASSOCIATED PRESS

Conflict. Syria says it's ready to talk with armed rebel fighters

Syria said Monday it is prepared to hold talks with the armed rebels bent on overthrowing President Bashar Assad, the clearest signal yet that the regime is growing increasingly nervous about its long-term prospects to hold onto power as opposition fighters make slow but persistent headway in the civil war.

The offer, by Syrian Foreign Minister Walid al-Moallem during a visit to Moscow, came hours before residents of Damascus and state-run TV reported a huge explosion in the capital, followed by gunfire.

The proposal marked the first time that a high-ranking regime official has stated publicly that Damascus would be willing to meet with the armed opposition.

But al-Moallem did not spell out whether rebels would first have to lay down their weapons before negotiations could begin — a crucial sticking point in past negotiations.

The regime's proposal is unlikely to lead to talks. The rebels battling the Syrian military have vowed to stop at nothing less than Assad's downfall and are unlikely to



A Syrian woman walks past a house destroyed by a government airstrike at Jabal al-Zaweya, Syria, Monday.
HUSSEIN MALLA/THE ASSOCIATED PRESS

agree to sit down with a leader they accuse of mass atrocities.

But the timing of the proposal suggests the regime is warming to the idea of a settlement as it struggles to hold territory and claw back ground it has lost to the rebels in the nearly two-year-old conflict.

Monday's offer to negotiate with the armed opposition — those whom Assad referred to only in January as "murderous criminals" — reflects the regime's realization that in the long run, its chances of keeping its grip on power are slim.

THE ASSOCIATED PRESS

Cannibalism. NYC jury to decide if alleged plot was real or sick fantasy

The estranged wife of a police officer struggled to keep her composure Monday as she testified about discovering shocking online chats and other evidence on his computer showing he had discussed killing her and abducting, torturing and eating other women.

The drama came on the first day of testimony at the closely watched trial of the 28-year-old Gilberto Valle, a baby-faced defendant dubbed the "Cannibal Cop" by city tabloids.

Valle is accused of conspiracy to kidnap a woman and unauthorized use of a law-enforcement database that prosecutors say he used to help build a list of potential

targets. A conviction on the kidnapping count carries a possible life sentence.

The officer has claimed his online discussions of cannibalism were harmless fetish fantasies.

But in opening statements Monday, a prosecutor said "very real women" were put in jeopardy.

"Make no mistake," U.S. assistant attorney Randall Jackson told a jury. "Gilberto Valle was very serious about these plans."

Defence attorney Julia Gatto argued that her client "never intended to kidnap anyone." She added: "You can't convict people for their thoughts, even if they're sick." THE ASSOCIATED PRESS

Census research

U.S. dropping use of term 'Negro'

After more than a century, the U.S. Census Bureau is dropping its use of the word "Negro" to describe black Americans in surveys.

Instead of the term that came into use during the era of racial segregation, census forms will use the more modern labels "black"

or "African-American."

Nicholas Jones, chief of the bureau's racial statistics branch, pointed to months of public feedback and census research that concluded few black Americans still identify with being Negro and many view the term as "offensive and outdated."

The change will take effect next year when the Census Bureau distributes its annual American Community Survey. THE ASSOCIATED PRESS



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An inquiry into the death of Ashley Smith, seen here in an undated photo, heard more about "her self-harming reputation." HANDOUT/THE CANADIAN PRESS

Ashley Smith was a terror: Ex-warden

Truro. Inquest hears that teen inmate tore up two cells at Nova Institution for Women

Prison authorities "underestimated" how disruptive teenage inmate Ashley Smith could be before she arrived, an inquest into her death heard Monday.

Alfred Legere, former warden of the Nova Institution for Women in Truro, testified that Smith began causing problems almost immediately.

Her self-harming reputation preceded her. Unusually, she was placed immediately in segregation on arrival at Nova.

Among other things, Smith smeared herself with excrement and threw feces at guards. She trashed two segregation cells by breaking sprinkler heads, windows and

cameras.

Prison authorities, among them mental-health professionals, drew up a plan that included withdrawing warmth and giving her the silent treatment if she acted out.

Ultimately, the decision was made to move her to the Regional Psychiatric Centre in Saskatoon.

Before Smith would return to Nova, the facility requested another \$88,242 from Ottawa for extra resources to help deal with her.

Her already disruptive behaviour took a drastic turn for the worse after she witnessed a hostage-taking by an inmate, Legere said.

He even felt compelled for the first time to have Smith placed in a restraint chair.

"I thought she was going to kill herself by banging her head on the floor," Legere testified. "There was blood."

THE CANADIAN PRESS

Language laws

'Pastagate' shames Quebec into action

The Quebec government is re-examining how it handles violations of the province's language law after widespread news coverage of an overzealous employee reprimanding an Italian restaurant for having too much Italian on its menu.

The so-called Pastagate story received 60 times more coverage outside the province than a recent trip

in which Premier Pauline Marois sought more foreign investment, according to a media-analysis company.

While most were in Canada, Pastagate was chronicled in 350 articles in 14 countries, as far away as Australia, when it broke last week.

Diane De Courcy, the minister responsible for Quebec's Charter of the French Language, announced an internal review Monday aimed at improving the Office quebecois de la langue française. THE CANADIAN PRESS

First Nations

Child-welfare crisis as bad as residential schools: AFN chief

Systematic under-funding of child-welfare services on reserves means First Nations children today are essentially re-living the residential school nightmare, says the national chief of the country's largest aboriginal group.

Shawn Atleo of the Assembly of First Nations (AFN) told the Canadian Human Rights

Tribunal on Monday that many reserves don't have the resources to keep children safe when their families are struggling. Instead, the children are being taken away and sent into institutional care by the thousands.

The AFN started legal action in 2007, arguing that child-welfare on reserves received 22 per cent less funding despite the dire need.

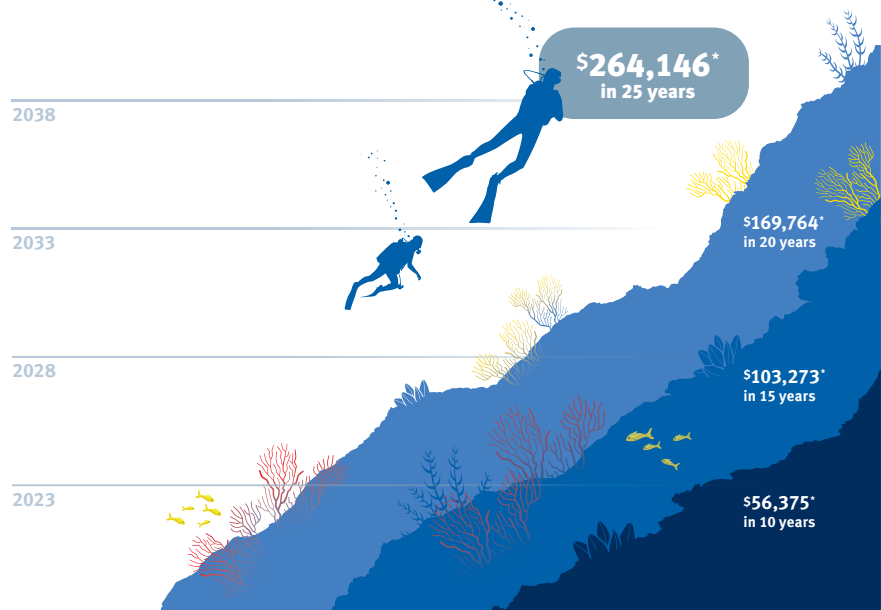
Federal officials argue that funding has risen by 25 per cent since 2007 to \$618 million in the 2011-12 fiscal year.

THE CANADIAN PRESS



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Member of Parliament
Dartmouth-Cole Harbour

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Economy. Exports drag down BoC's outlook

The country's economic growth is facing another set of challenges, and weakness in exports is weighing particularly heavy on the Bank of Canada's outlook, governor Mark Carney said Monday.

"In the very near term, more of the elements of the downside risk have materialized than the upside risks," Carney said. He made the comments following disappointing economic data last week that showed inflation at its lowest point in more than three years and a holiday shopping season that fell short of expectations.

THE CANADIAN PRESS



Bank of Canada governor Mark Carney speaks at the Richard Ivey School of Business in London, Ont., Monday.

THE CANADIAN PRESS

Don't try the Swedish meatballs: Ikea caught up in horsemeat scandal

Carpe equus. Popular frozen food item pulled off shelves in at least 15 European countries



JESSICA CARLESON

Metro World News in Stockholm

Europe's ongoing horsemeat scandal has claimed another victim as Swedish retail giant Ikea was forced to withdraw meatballs from sale in at least 15 countries.

The retailer's announcement came after authorities in the Czech Republic found traces of horsemeat in an affected batch made in Sweden. The Czech State Veterinary Administration said horsemeat had been found in one-kilogram packs of meatballs, which were shipped to the Czech Republic for sale. A total of 760 kilograms of the meatballs were affected.



What food item could make hotdogs seem like a safe meal choice? How about horsemeat meatballs? In this photo taken Monday, billboards for Ikea meatballs are taken down in the parking lot of an Ikea store in Stockholm. The Swedish furniture giant was drawn into Europe's widening food-labelling scandal after authorities in the Czech Republic detected horsemeat in frozen meatballs that were labelled as beef and pork and sold in countries across Europe.

JESSICA GOW/THE ASSOCIATED PRESS

Meatballs from the same batch have been withdrawn from more than a dozen more countries. "We take this very

seriously and have withdrawn one-kilo bags of frozen meatballs from Slovakia, the Czech Republic, Hungary, France, Brit-

ain, Portugal, Italy, the Netherlands, Belgium, Spain, Cyprus, Greece and Ireland," in addition to Sweden and Czech Republic, Ikea spokeswoman Ylva Magnusson said.

The product had also been removed from shelves in Denmark, according to Dorte Hjorth Harder, spokeswoman for Ikea Denmark.

Gunnar Dafgard, the supplier of the meatballs, is located in southwestern Sweden and was holding crisis meetings Monday. In a written statement, it said that "the shipment in question has been stopped and we are investigating the situation." The company added that it was performing its own DNA tests on the batch.

The news came as European Union ministers were meeting in Brussels to discuss how to contain the spiralling scandal, which broke out in January when horse DNA was found in beef burgers in Britain and Ireland.

Greenhouse gases

New rules aim to cut truck emissions

The federal government says new regulations for heavy-duty trucks will cut greenhouse-gas emissions and give truckers a break on fuel costs to boot.

The Environment Department says the regulations will be phased in between now and the 2018 model year, and will produce a cumulative reduction of 19.1 megatonnes of greenhouse emissions over the life of 2014 to 2018 model year vehicles.

THE CANADIAN PRESS

Market Minute



DOLLAR

97.31¢ (-0.65¢)



TSX

12,650.87 (-50.76)



OIL

\$93.11 US (-2¢)



GOLD

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Natural gas: \$3.42 (+13¢)

Dow Jones: 13,784.17 (-216.40)

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ARE YOU HAVING ENOUGH SEX?



SHE SAYS...
Jessica Napier
metronews.ca

I know plenty of young attractive couples that just aren't having sex that often. While we might be in the so-called sexual prime of our lives, we're also busy millennials

struggling to pay bills in a less-than-kind job market. We work odd hours, live with our parents, watch Netflix in the bedroom and do lots of other things that aren't conducive to getting busy on the regular. But I also think that many of us aren't trying hard enough.

Victoria's Secret's presence across North American shopping malls makes racy lingerie about as ubiquitous as Cinnabon. And yet, how many of us actually bother with titillating sleepwear other than on Valentine's Day and anniversaries? I recently discovered that a dear friend of mine is the proud owner of a knee-length, long-sleeved, Owl-print nightshirt. I love her and I'm sure it's seriously comfortable, but flannel in the bedroom is the opposite of arousing.

Less isn't more

According to a Playtex survey released earlier this month, 35 per cent of Canadians reported having sex just a few times a month while 19 per cent are only doing it once a month or less.

in a real and honest way. Engaging in open communication with friends about your sex life might inspire you to try something new or make you realize what you're missing out on. And while comparing bedpost notches might feel competitive, it also gives us a broader frame of reference for understanding our own sexual behaviour and desires.

According to a Playtex survey released earlier this month, 35 per cent of Canadians reported having sex just a few times a month while 19 per cent are only doing it once a month or less. With the average between-the-sheets session lasting a mere six minutes, I'm willing to bet that most of us spend more time each day waiting for the bus or standing in line at Starbucks than we do being intimate with our partners.

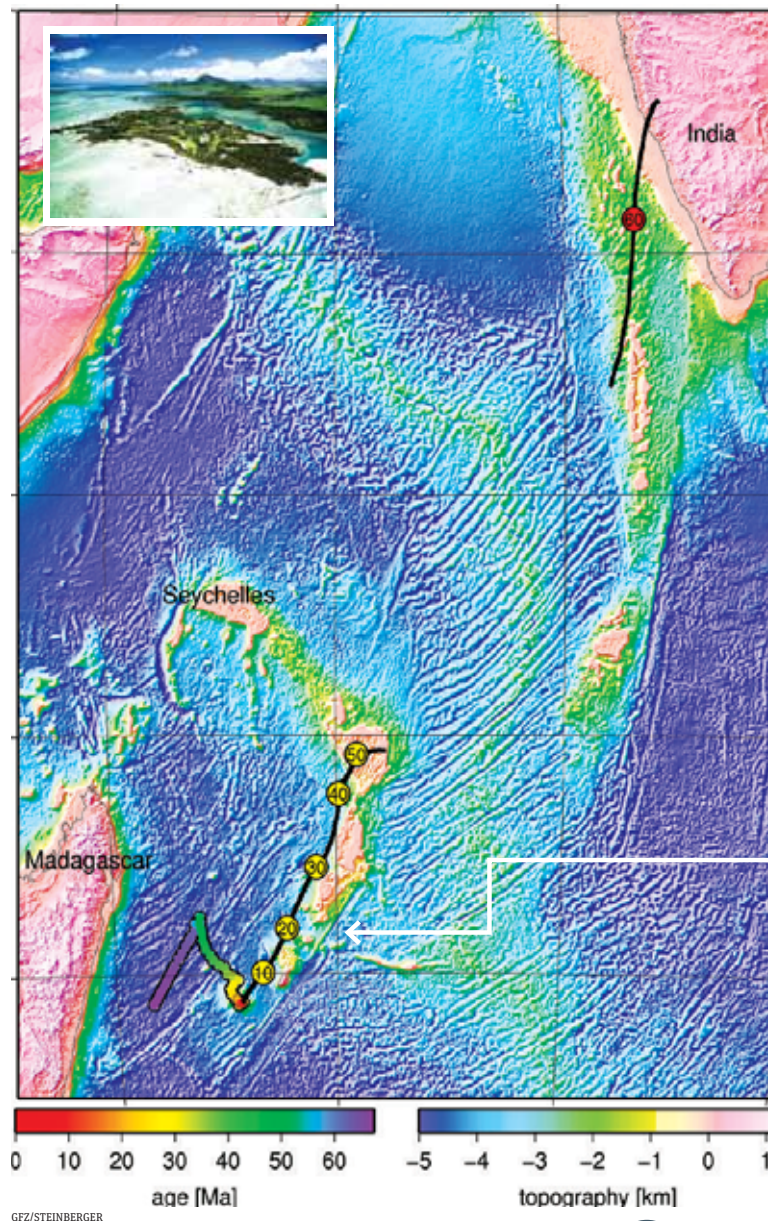
I know sex isn't everything, but it is a significant part of a healthy and satisfying romantic relationship. This is our time folks; one day there will be mortgages and babies and elderly parents to deal with and we will enter the very unsexy years. So, for now, let's banish the unflattering nightgowns from the bedroom and put in the effort to start doing it more and doing it well.

Follow Jessica Napier on
Twitter @MetroSheSays



Get into some pants — that aren't your own. DREAMSTIME.COM

Paradise no longer lost



New world discovered

Always in the last place you look

Atlantis may exist after all. Researchers claim they have found an ancient continent beneath the Indian Ocean. The micro-continent known as Mauritius detached about 60 million years ago while Madagascar and India drifted apart, before it was buried under huge amounts of lava, says a study in the latest issue of Nature Geoscience. **METRO**

Our link to the past

Now that's a continental divide

Mauritius, located between India and Madagascar, probably existed after the single landmass called Rodinia began to break up to form our modern continents.

Researchers believe the Seychelles may be its surviving fragment. **METRO**

How they found it

Ancient mineral was crucial

Researchers gathered sand grains traced to a volcanic eruption from the beaches of Mauritius (inset).

The grains possessed a much older mineral, zircon, dated as being between 600 million and 1.97 billion years old. This led researchers to conclude that they were the remnants of ancient land that had been dragged up to the surface during the volcanic eruption. **METRO**



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Twitter

@HStu: Where in Halifax can I find a moving service to transport a giant Plinko board that won't cost me a million dollars????

@RobRafuse: Fid Restaurant is going to close, at end of May. Sounds like another nail in the DT coffin. All aboard the Alberta train. #Halifax

@MegBlumenthal: I go away for less than two weeks. And my favourite stores

AND a favourite restaurant is closing? Come on #Halifax

@ColinHFX: Breaking: All local Halifax businesses decide to close simultaneously in 2013

@Cadence_Mac: #halifax u know this already but if anything all these business closures will make people realize how important it is to #Support-Local

DVD review



Best of Warner Bros.

.....

Argo's win for best picture at the Academy Awards last weekend must have seemed completely natural to Warner Bros.

The movie studio, incorporated by brothers Harry, Albert, Sam and Jack Warner on April 4, 1923, is the best picture champ amongst Hollywood corporate titans, with a total of 22 wins to date — Argo would make number 23.

Warner is celebrating its 90th anniversary, and its Oscar acumen, with two Best of Warner Bros. disc collections worthy of the hoopla: a 100-disc DVD set that includes all 22 best picture winners and a 50-disc Blu-ray set that skims most of the cream, including 16 of the top Oscar champs.

The DVD set list reads like a history of the movies, from *The Jazz Singer* (1927) at the dawn of the sound era to *Inception* (2010) near the dusk of the analogue film age. Both sets come with two new and worthwhile documentaries: *Tales From the Warner Bros. Lot* and *The Warner Bros. Lot Tour*. And both sets also have a whopper of a price tag: \$600 suggested retail, although smart shoppers will find discounts.

This collection is quite something, a movie fan's dream. But what is Warner Bros. going to do 10 years from now, for the 100th anniversary?

PETER HOWELL



Theo James plays Walter Clark Jr., a police commissioner whose rise to power is told through extended flashbacks in the CTV drama *Golden Boy*. HANDOUT

Portrait of the officer as a young man

Golden Boy. Ambitious new cop drama shows a fledgling detective's climb through the ranks



NED
EHRBAR
Metro World News in Hollywood

The folks behind *Golden Boy* are hoping TV audiences are in the mood for some high-concept plotting with their cop procedurals.

It's an ambitious story, to be sure, framed by interviews from seven years in the future when Walter Clark Jr. (Theo James) has become the youngest police commission-

er in New York City history, each episode in the first season then jumps back to his first year as a homicide detective with a gruff older partner (Chi McBride).

But just how plausible is it that a hotshot young detective could become police commissioner so quickly? "Well, you can be appointed," explains executive producer Nicholas Wootton. "You know, the police commissioner is an appointment. It's not an elected position, and it is not something you have to take a test for. That is how every police commissioner has been appointed. (Bernard Kerik was appointed, for better or worse. Some people are more suited to the job, clearly, as we've seen in the last many years, and then others

are presently in jail."

And just what kind of commissioner the main character on *Golden Boy* becomes is part of the fun of the show, Wootton explains. "You will see, as we continue forth in the series, that he is quite political," he says. "You see instances in the future where he is kind of devious. We see him learning the lessons that Chi's character teaches him. There's a way to be. And then we see him learn things that are completely politically vicious."

Wootton admits they've been very careful about depicting life in the not-too-distant future, finding a balance that hopefully feels believable.

Golden Boy airs on CTV, beginning tonight.

That dude from Downton

Avid TV fans may recognize *Golden Boy* star Theo James from an early and pivotal episode of *Downton Abbey* in which he played dashing and doomed Turkish diplomat Kemal Pamuk, who famously died while in bed with Lady Mary (Michelle Dockery). The brief role has given James a level of notoriety he didn't quite see coming, he admits. "I mean, I'm on screen for about 20 minutes, and I still get people going, 'Mr. Pamuk!'"



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Justin Timberlake and Jay-Z ALL PHOTOS GETTY IMAGES

Kanye slams Jay-Z and Timberlake's tour plans

Jay-Z announced last week that he's embarking on a tour with Justin Timberlake to mark Suit & Tie, Timberlake's first new album in five years, but not everyone is happy about the news. Kanye West, who toured with Jay-Z last year following the release of their Watch the Throne album, sounded off about the

new collaboration onstage in London this weekend.

"I got love for (Jay-Z),

I'ma let you finish, but...

"I got love for (Jay-Z) but I ain't f---ing with that Suit and Tie."

Kanye West spoke out to London fans while onstage over the weekend

but I ain't f---ing with that Suit and Tie," West told the crowd, according to Billboard magazine, before launching into an extended rap about selling out.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Janet Jackson is a married woman?



THE WORD
Dorothy Robinson
scene@metronews.ca

If you've been wondering where Janet Jackson has been (besides being caught up in her crazy family drama), it turns out she's been off getting married. The 46-year-old singer secretly wed Qatari billionaire Wissam Al Mana, 37, last year. In a statement to Entertainment Tonight, the couple tried to set the record straight about rumours they were planning an over-the-top wedding in the near future.

"The rumours regarding an extravagant wedding are



simply not true. Last year we were married in a quiet, private and beautiful ceremony," the couple wrote, thus blowing everyone's minds. "Our wedding gifts to one another were contributions to our respective favourite children's charities. We would appreciate that our privacy is respected and that we are allowed this time for celebration and joy."

There's something about the phrase "Qatari billionaire" that has such a nice ring to it, right?



MC Hammer

'Chubby Elvis-looking dude' arrests MC Hammer

Rapper MC Hammer was arrested in Dublin, Calif., over the weekend for obstruction of justice and resisting a police officer, according to TMZ. But shortly after his release from jail, Hammer offered his own take on the events via Twitter, claiming he was the victim of racial profiling. "Chubby Elvis-

looking dude was tapping on my car window. I rolled down the window and he said, 'Are you on parole or probation?'" wrote Hammer, who is also a preacher. "While I was handing him my ID, he reached in my car and tried to pull me out the car but forgot he was on a steady doughnut diet."

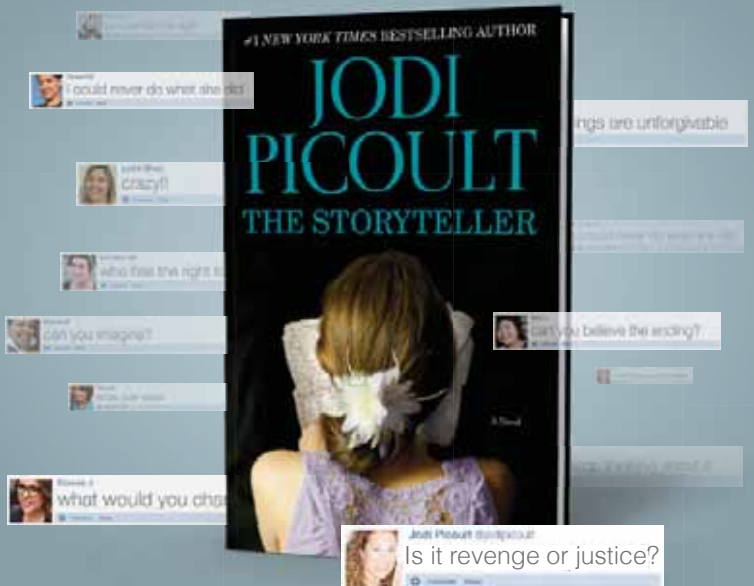
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Not all registered retirement savings plans are alike. Take some time to find out which account is best for you and your future savings. BANANASTOCK/THINKSTOCK

So many choices out there

Research. Not all RSPs are the same; which savings vehicle is the right one for you?

MICHELLE
WILLIAMS
For Metro

How much do you really know about registered retirement savings plans?

Most of us are aware that it's an account that gives us some financial advantages at tax time. But if you think all RRSPs are alike, read on:

Individual RRSP

This is a common type of RRSP registered in the name of its contributor, available to Canadians with a reported earned income, purchased through

banks and financial institutions. From there, you select how you would like to invest the money in your RRSP: GICs, stocks, bonds, mutual funds, etc. — options provided by the financial institution.

"You can contribute up to 18 per cent of your yearly income, to a maximum of \$22,970 for the 2012 tax year, less applicable company sponsored pension contributions; you can also make a larger yearly contribution with any accrued unused amounts from previous years," explains Serena Cheng, director of wealth management and an investment adviser with Richardson GMP in Toronto.

Self-directed RRSP

"The difference here is simply this — you create and manage your own portfolio alone or with a financial adviser.

You have a wider range of investment options as well as the ability to oversee your account," Cheng said. This is often an option selected by those who are knowledgeable about investments or have considerable RRSP savings and would like more diversification in their investment portfolio.

Spousal RRSP

This RRSP provides a way to help both members of a couple — typically, the spouse with a higher income makes the contribution, thus lowering his/her income and paying less tax. The other builds up his/her RRSP.

"Ultimately, the money withdrawn in retirement will benefit both partners, so this is a great strategy for couples to help balance their income, savings and taxes" Cheng said. "Also, as long as your spouse is

71 or younger, you can contribute to their spousal RSP and still claim the tax deduction."

Group RRSP

Available only to those whose employers offer them, group RRSPs deduct contributions from paycheques and direct or provide options towards how funds for the group are invested.

"The big advantage here is that it is a way to automatically save — and save on taxes," Cheng said. "Contributions are taken from pre-tax pay, reducing your tax burden immediately. Plus, some employers even match or add to your investment."

Can you mix it up and have more than one type of RRSP in your portfolio? "Absolutely," Cheng said. "Just keep track and make sure you don't contribute over your limit."

How to save for your future properly

Didn't get around to saving for an RRSP contribution this year? You aren't alone.

Most people get so caught up in spending — and staying on top of the debt they create — they never seem to get around to saving for retirement.

Here are some tips from senior financial consultant Jason Pereira of Bennett March & IPC Investment Corporation in Toronto to help you save for this coming year.

1 Make the contribution regularly. It's easier to

keep up regular contributions so you don't scramble come the deadline — and your compound interest ends up being greater than if you wait until March 1.

"You're less likely to miss the money if you don't have it there. Have it come out of your account automatically and go into your RRSP each time you're paid."

2 Pay less tax on the way. For those who typically get a tax refund, another great way to save is to have less tax deducted from each

paycheque. Simply complete the T1213 form on the Canada Revenue Agency website to reduce your taxes at source.

"By using this form, you'll save tax every paycheque versus getting it all at once in a tax refund in the end."

3 Invest your tax refund. "If you get a refund, remember it's not found money." Instead of going out and spending it, "put it in your RRSP to help you get another refund ... and repeat every year." MICHELLE WILLIAMS



Following some simple tips can help make sure you have enough savings for your future.

ISTOCKPHOTO/THINKSTOCK



DR. SANJAY GUPTA

CNN's in-house neurosurgeon executive produces the new TV drama Monday Mornings. He wants everybody wearing a lab coat, as medicine prepares for the age of open source.

CREATOR OF MONDAY MORNINGS

Your show is set in doctors' private meetings. Will we be shocked?

It's very real and authentic. There has always been a depiction of doctors at one level and patients at another, but this is about when mistakes and complications happen. The perception is that the conversation ends with the relationship between patient and physician, but this about how we learn from it.

What will surprise us most?

That these meetings happen at all. I've been going to them

for 20 years but very few people know they exist.

You moved from medicine into media and now entertainment — is this a passion to open up the profession?

The common denominator is still health. I'm a doctor first, but they are all educational tools. As a journalist I'm trying to educate people about health issues.

Journalism uses lots of open-source content now — can medicine do that?

It has to become more open

sourced. We need to get past a few medical journals dictating standard practice. We're starting to see smaller clinics adding to the dialogue in ways we haven't seen before. But with medicine the stakes are high and you want people trained in the best existing knowledge. I don't know that "hobbyists" are the solution, but the knowledge base can grow more quickly. If someone has an idea — say for slowing memory loss, it could take years to be published in a medical journal and that is too long for people waiting now.

On the "patients like me" website, patients themselves start the dialogue about problems that don't get much attention, and based on that clinical studies are starting.

Brain surgery should be left to experts, but how competent can an amateur get?

The technical aspects of these things are not the limitation. I teach people to operate all the time, I can turn you into a surgeon pretty quickly! Ninety per cent of training is focused on how to handle when things don't go as expected.

How can we pimp our brains?

People already do it. There's cognitive enhancement happening through medication; how to stimulate neurotransmitters or increase attention. It probably increases dedication to particular tasks. Memory is the most fertile area for study. One of my professors in his 80s is confident we will come up with medical memory enhancement in his lifetime, and I agree.

METRO WORLD NEWS

Best Health Minute

Yoga: the secret to eternal youth?



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the latest issue of Best Health, freelancer Jennifer Goldberg looks into the surprising benefits of yoga. It turns out that new research is showing it can keep us feeling young and healthy for life.

Here are a few examples from the article.

It helps flexibility. Older women who practise yoga may experience improved range of motion when performing everyday tasks. That means they can maintain their independence longer, since flexibility makes it easier to do routine things such as cleaning, bathing and cooking.

It improves balance. The risk of falling increases as we age because of a reduced sense of balance as well as muscle and bone strength.

About 20 per cent of injury-related deaths in seniors are linked to falls. Yoga improves your balance — making it less likely you'll fall. And if you have stronger core muscles, you're better able to right yourself if you trip or start to slip.

It helps your skin. Research suggests yoga could reduce the tissue inflammation that contributes to skin aging. When we're under stress, our bodies release cortisol, setting off a chain of events resulting in tissue inflammation. Learning to control your stress response through yoga postures



Yoga can keep you fit for life. ISTOCK

and breathing methods could reduce the inflammation and keep your skin looking younger and healthier.

FOR MORE WAYS YOGA CAN KEEP YOU YOUNG, SEE THE MARCH/APRIL ISSUE OF BEST HEALTH, ON NEWSSTANDS NOW.

3 LIFE

Beef up cabbage rolls by skipping rice in favour of orzo



ROSE REISMAN
for more, visit
rosereisman.com

Nothing cooks up better than savoy cabbage, which has a distinctively loose, full head of crinkled leaves. It's mild in flavour and doesn't lose its colour or texture after being simmered. It's not always available, however, so you may have to make do with ordinary green cabbage.

1. Bring pot of water to boil and cook whole cabbage 25 mins.; drain. When cool enough to handle, separate leaves carefully. Set aside 8 leaves.

2. Cook orzo in pot of boiling water 10 mins., until pasta is tender but firm. Drain and rinse under cold running water. Drain again and set aside.

3. Spray non-stick frying pan with cooking oil. Add mushrooms, onion and garlic, and cook over medium-high heat 7 mins, or until slightly browned.



This recipe serves four. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Transfer to bowl. Add orzo, ground beef, barbecue sauce, 1 tsp dried basil, egg, salt and pepper; mix well.

4. Place about 1/3 cup of beef-orzo mix in centre of cabbage leaf. Fold in sides and roll up. Repeat with remaining filling.

5. Combine tomatoes and juice, brown sugar, remaining 1 tsp dried basil, water and lemon juice in a food processor; purée. Add raisins and pour mix into large non-stick saucepan over medium-high heat. Bring to boil, then reduce heat to low.

Ingredients

- 1 head green Savoy cabbage, core removed
- 1/2 cup orzo
- 1 cup chopped mushrooms
- 1/3 cup chopped onion
- 1 tsp minced fresh garlic
- 8 oz lean ground beef
- 3 tbsp barbecue sauce
- 2 tsp dried basil
- 1 large egg
- Pinch salt and black pepper
- 1 can (28 oz) tomatoes, with juice
- 3 tbsp packed brown sugar
- 1/2 cup water
- 1 tbsp freshly squeezed lemon juice
- 1/3 cup raisins (any variety)
- 3 tbsp chopped fresh basil or parsley

6. Add cabbage rolls and cook, covered, 1 hour and 15 mins., turning rolls over at halfway point through cooking. Serve hot, garnished with the fresh basil.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Health Solutions

Comfort food without uncomfy pants



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

It is the end of February. Your resolution is long gone and you just want some comfort food — soft, starchy, warmness on a spoon that cradles your grey-day weariness.

What if you could have it both ways? Here are some foods that hit the gooey spot without contributing to the flabby spots.

1. Potatoes

Instead of peeling potatoes and boiling away all the flavour and nutrients, try baking russet potatoes whole and then scooping the pulp to mash. These are sweeter, maintain more nutrients and require much less butter and cream to make them creamy. Eat

the skins too as crispy snacks instead of potato chips.

2. Wheat pasta or quinoa

Swap wheat pasta for quinoa pasta. It has more protein and a lower glycemic response (many varieties are even gluten free). A teaspoon of olive oil and a tablespoon of grated Parmesan cheese is really all you need to trick yourself into believing it is mama's mac and cheese.

3. Barley

Try barley risotto instead of white rice with cream. Pot barley cooked in boiling water becomes creamy all by itself but it has much more fibre and B vitamins to support your stressed brain. Stir in some Parmesan cheese after cooking and dig in.

Comfort need not be an either/or proposition. With a little creativity, you can have both.

Theresa Albert is a food communications consultant and private nutritionist in Toronto. She is @theresaalbert on Twitter and found daily at myfriendinfood.com



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QMJHL

Drouin captures 1st star of the week honours

To no one's surprise, Halifax Mooseheads forward Jonathan Drouin has been named QMJHL's first star of the week.

In three games last week, the league's top scorer registered a staggering 11 points, including an assist against the Bathurst Titan on Sunday that set the hockey world on fire.

His four-point performance against the Titan vaulted the gifted centreman past Rimouski's Peter Trainor for the league lead in points (93) and extended his point streak to a league-best 23 games.

After racking up a goal and three assists against the Saint John Sea Dogs on Wednesday, Drouin had a three-assist performance against Saint John on Friday at the Metro Centre.

It's the second straight week Drouin has been named a QMJHL star. Last week, he earned third-star honours after recording 10 points in four games.

Moncton Wildcats forward Phillip Danault earned second-star honours while Rouyn-Noranda Huskies rookie netminder Alexandre Belanger captured third star of the week.

Danault had eight points in three games, including five goals. As for Belanger, he finished with a 2-0 record and a 2.00 goals-against average.

ANDREW RANKIN/METRO



Jonathan Drouin METRO

Murder case. Pistorius wants to train while out on bail: S.A. official

Oscar Pistorius informed South African authorities Monday that he wants to resume athletic training while on bail for the murder case against him, a government official said.

A spokeswoman for the Olympic runner, however, denied he was making immediate plans to return to the track while awaiting trial for the Feb. 14 shooting death of his girlfriend, Reeva Steenkamp.

"Absolutely not," said spokeswoman Janine Hills. "He is currently in mourning

and his focus is not on his sports."

The double-amputee Paralympian discussed bail terms with his probation officer and a correctional official at the Pretoria Magistrate's Court in the capital, according to correctional officials. The guidelines will determine his daily routine until his next court appearance June 4.

"It's his wish to continue to practise," James Smalberger, chief deputy commissioner of the department of correctional services, said in a telephone interview. THE ASSOCIATED PRESS



Former Moosehead Voracek is NHL first star

Philadelphia Flyers right winger Jakub Voracek, left, celebrates with defenceman Braydon Coburn after scoring the winning goal against the Pittsburgh Penguins last week. The former Halifax Mooseheads star was named first star of the week in the NHL on Monday after leading all players in points (11) and assists (seven). The Czech leads the Flyers in scoring with 22 points (seven goals, 15 assists). GENE J. PUSKAR/THE ASSOCIATED PRESS

Senators win 'was all Bishop': Coach

NHL. Ottawa's backup goalie makes 45 saves to steal one from Montreal Canadiens

On Monday	
2	1
Senators	Canadiens

round of the shootout Monday as the Senators defeated the Montreal Canadiens 2-1 for their season-high fifth straight win.

The victory was the second in as many starts for Bishop, who took over in goal three

games ago after Anderson was knocked out against the New York Rangers last Thursday.

"It was all Bishop," said Senators coach Paul MacLean, whose team was outshot 45-24 and outplayed for long stretches on Monday. "I thought (Montreal) really skated well and really cut us off and didn't give us an opportunity to do very much and Ben was outstanding in the net."

Jakob Silfverberg also scored in the shootout for Ottawa, while David Desharnais replied for Montreal.

After Regin gave the Senators the lead in the shoot-

out, Bishop stopped Tomas Plekanec for his fourth win of the season.

There were a lot of shots so it was easy to stay in the game and keep that rhythm up," Bishop said. "I thought the guys did a good job in front of me. Andy is playing so well so whenever I get a chance to get in there I just want to hold up my end of the deal and give the team a chance to win."

Minus a number of regulars including defenceman Erik Karlsson and centre Jason Spezza, the Senators have still found a way to grind out wins.

THE CANADIAN PRESS

NBL Canada. Rainmen coach sounds off after disappointing road loss

The Halifax Rainmen couldn't get their big guns rolling on the road and paid the price.

The Rainmen were outscored in every quarter and fell 99-84 to the Moncton Miracles in National Basketball League of Canada action on Monday night.

The Rainmen made a run late in the third quarter, cutting the deficit to seven points, but according to Rainmen head coach Rob Spon, that's when everything unravelled.

"We started playing selfishly," said Spon. "Frankly we didn't do a good job keeping our composure and it cost us. "But I have to fix this and I



Rob Spon JEFF HARPER/METRO

will. I'm going to put my foot down."

The Rainmen struggled from the field, shooting a woeful 25-for-71. They also went just 13-for-27 from the free-throw line.

"I thought I brought in some vets who could get the job done; maybe I was wrong," Spon said.

Though Halifax's bench outscored Moncton's 47-14, the Miracles made up for it dropping 44 points in the paint, 22 more than the Rainmen.

Cedric Moodie led Halifax with 18 points, while Devin Sweeney collected a game-high 27 for the Miracles.

Quinnell Brown played through shoulder and elbow injuries for Halifax, but Spon says that's no excuse.

"We just need to step up. It's unacceptable," he said.

ANDREW RANKIN/METRO

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4 SPORTS

Farrell gets taste of what awaits in April

MLB. Blue Jays fans in Dunedin, Fla., greet former manager with boos as he leads Red Sox in spring training

The past and present managers of the Toronto Blue Jays crossed paths Monday.

John Farrell, who left Toronto to take over in Boston, brought a Red Sox split-squad to Florida Auto Exchange Stadium for a spring training game. He will face louder music, no doubt, when Boston visits Toronto in early April in its second series of the regular season.

Jays fans will likely have something to say about Farrell's decision to jump ship, especially to an American League East rival. Those in Dunedin gave him a taste of what to expect with a hearty chorus of boos during introductions Monday.

"I appreciate that people might have differing opinions," Farrell told reporters earlier. "All I can do is go about



Boston Red Sox manager John Farrell
THE CANADIAN PRESS

my work, day in and day out. People are going to form their own impressions, so I certainly can't control that.

"April will get here when it does.... I fully respect that team. They've got a darn good team. And looking forward to competing against them."

Boston won 4-2 on the day, with Toronto manager John Gibbons and Farrell never actually making contact.

"I don't know John real well," said Gibbons. "I met him a couple of years ago. I came to town with Kansas City."

Gibbons did reminisce with old friend Brian Butterfield, who left Toronto in the off-season after 11 years to become Boston's third-base coach.

Rare knuckleball duel

The knuckleball fraternity was in full force for Monday's game between the Toronto Blue Jays and Boston Red Sox.

- NL Cy Young Award winner R.A. Dickey gave up two runs and four hits in his Toronto spring training debut while fellow knuckleballer Steven Wright pitched two scoreless innings for the Boston split-squad in a 4-2 win over Toronto.

THE ASSOCIATED PRESS

Farrell, who spent four years as Boston's pitching coach prior to joining the Jays, told Toronto GM Alex Anthopoulos that the Red Sox managerial opening was his dream job. Toronto eventually traded Farrell to Boston last October to fulfil his wish.

Farrell seemed less than interested Monday in looking back, although he called his time in Toronto "two great years." THE CANADIAN PRESS

NFL

Brady back for 3 more years with Patriots: Source

Tom Brady will be a Patriot until he is 40 years old.

Brady agreed to a three-year contract extension with New England on Monday, a person familiar with the contract told The Associated Press. The extension is worth about \$27 million US and will free up nearly \$15 million in salary-cap room for the team, which has several younger players it needs to re-sign or negotiate new deals with.

The person spoke on condition of anonymity because the extension has not been announced.

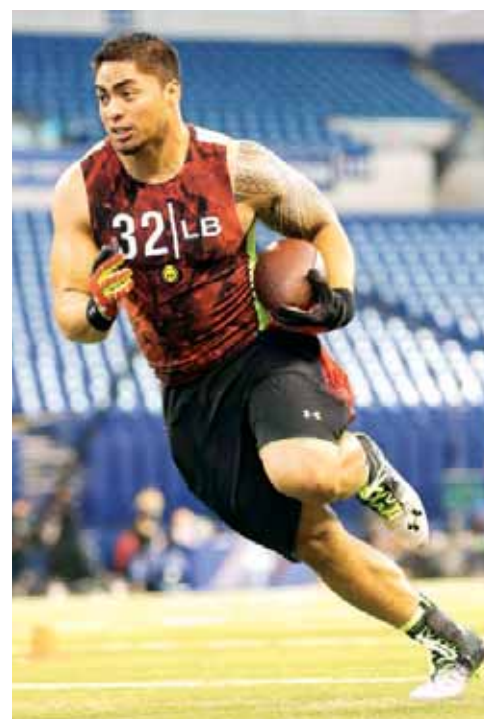
Sports Illustrated first reported the extension.

The 35-year-old two-time league MVP was signed through 2014, and has said he wants to play at least five more years.

THE ASSOCIATED PRESS



Tom Brady THE ASSOCIATED PRESS FILE



Te'o underwhelms at combine

Linebacker Manti Te'o runs a drill during the NFL scouting combine on Monday in Indianapolis. The Notre Dame star and Heisman Trophy runner-up was clocked at 4.82 seconds in the 40-yard dash. NFL Network draft analyst Mike Mayock had said anything below 4.7 would be "phenomenal." Anything 4.8 or over would be a "concern." DAVE MARTIN/THE ASSOCIATED PRESS

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metro

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	40	14	.741	—
Indiana	35	21	.625	6
New York	33	20	.623	6 1/2
Atlanta	32	23	.582	8 1/2
Brooklyn	33	24	.579	8 1/2
Chicago	32	24	.571	9
Boston	30	27	.526	11 1/2
Milwaukee	26	28	.481	14
Philadelphia	22	32	.407	18
Toronto	23	34	.404	18 1/2
Detroit	22	37	.373	20 1/2
Washington	18	37	.327	22 1/2
Cleveland	18	38	.321	23
Orlando	15	41	.268	26
Charlotte	13	43	.232	28

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	45	13	.776	—
Oklahoma City	41	15	.732	3
L.A. Clippers	40	18	.690	5
Memphis	37	18	.673	6 1/2
Denver	36	22	.621	9
Golden State	33	23	.589	11
Utah	31	26	.544	13 1/2
Houston	31	27	.534	14
L.A. Lakers	28	30	.483	17
Portland	26	30	.464	18
Dallas	25	30	.455	18 1/2
Minnesota	20	33	.377	22 1/2
New Orleans	20	37	.351	24 1/2
Sacramento	19	38	.333	25 1/2
Phoenix	18	39	.316	26 1/2

Note: division leaders ranked in top three positions regardless of winning percentage.

Monday's results

Washington 90 Toronto 84
Atlanta 114 Detroit 103
Boston 110 Utah 107 (OT)
Denver 119 L.A. Lakers 108

Sunday's results

L.A. Lakers 103 Dallas 99
Golden State 100 Minnesota 99
Miami 109 Cleveland 105
New Orleans 110 Sacramento 95
Memphis 76 Brooklyn 72
New York 99 Philadelphia 93
San Antonio 97 Phoenix 87
Portland 92 Boston 86
Oklahoma City 102 Chicago 72

Tuesday's games — All Times Eastern

Golden State at Indiana, 7 p.m.
Orlando at Philadelphia, 7 p.m.
Sacramento at Miami, 7:30 p.m.
Brooklyn at New Orleans, 8 p.m.
Cleveland at Chicago, 8 p.m.
Milwaukee at Dallas, 8:30 p.m.
Minnesota at Phoenix, 9 p.m.
Charlotte at L.A. Clippers, 10:30 p.m.

NHL

EASTERN CONFERENCE

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	19	13	6	0	65	48	26
New Jersey	19	10	5	4	48	49	24
Philadelphia	21	9	11	1	60	66	19
NY Rangers	17	8	7	2	41	44	18
NY Islanders	19	8	10	1	56	64	17

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	19	12	4	3	53	41	27
Ottawa	20	12	6	2	48	37	26
Boston	15	11	2	2	45	34	24
Toronto	20	12	8	0	57	46	24
Buffalo	19	6	12	1	48	63	13

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Carolina	17	9	7	1	50	51	19
Tampa Bay	18	9	8	1	69	58	17
Winnipeg	18	8	9	1	48	57	17
Florida	18	5	9	4	42	65	14
Washington	17	6	10	1	48	55	13

Monday's results

Toronto 4 Philadelphia 2
Ottawa 2 Montreal 1 (SO)
Nashville 5 Dallas 4 (OT)
Chicago 3 Edmonton 2 (OT)
Anaheim at Los Angeles

Sunday's results

Boston 4 Florida 1
Winnipeg 4 New Jersey 2
Detroit 8 Vancouver 3
Carolina 4 NY Islanders 2
Chicago 1 Columbus 0
Pittsburgh 5 Tampa Bay 3
Calgary 5 Phoenix 4
Anaheim 4 Colorado 3 (OT)

Tuesday's games — All Times Eastern

Winnipeg at NY Rangers, 7 p.m.
Dallas at Columbus, 7 p.m.
Carolina at Washington, 7 p.m.
Boston at NY Islanders, 7:30 p.m.
Buffalo at Tampa Bay, 7:30 p.m.
Pittsburgh at Florida, 7:30 p.m.
Calgary at Minnesota, 8 p.m.
Phoenix at Vancouver, 10 p.m.
Colorado at San Jose, 10:30 p.m.

Wednesday's games

Washington at Philadelphia, 7:30 p.m.
Montreal at Toronto, 7:30 p.m.
Detroit at Los Angeles, 10 p.m.
Nashville at Anaheim, 10 p.m.

WESTERN CONFERENCE

	GP	W	L	OL	GF	GA	Pt
Chicago	19	16	0	3	61	37	35
Nashville	20	9	6	5	44	47	23
St. Louis	18	10	6	2	55	52	22
Detroit	19	9	7	3	57	54	21
Columbus	19	5	12	2	40	56	12

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	18	10	4	4	52	48	24
Minnesota	17	8	7	2	37	42	18
Edmonton	18	7	7	4	42	49	18
Calgary	17	7	7	3	48	59	17
Colorado	17	7	8	2	42	51	16

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	16	13	2	1	57	42	27
Dallas	19	9	8	2	51	53	20
San Jose	17	8	6	3	41	39	19
Phoenix	18	8	7	3	50	49	18
Los Angeles	16	8	6	2	40	39	18

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

MAPLE LEAFS 4, FLYERS 2

1. Toronto, Kessel 4 (Bozak, Gunnarsson) 17:20
Penalties — Phaneuf Tor (Interference) 6:27, Simmonds Phi (Roughing) 7:32, Brown Tor (Roughing) 11:01, Brown Tor (Fighting) 15:59, McGinn Phi (Fighting) 15:59.

2. Toronto, Kessel 4 (Kadri, Gunnarsson) 15:02
3. Philadelphia, Hartnell 1 (Voracek, Giroux) 17:56

Penalties — Phaneuf Tor (Interference) 8:08, Fraser Tor (Tripping) 10:13, Timonen Phi (Tripping) 10:43.

3. Philadelphia, Hartnell 1 (Voracek, Giroux) 17:56
Penalties — Phaneuf Tor (Interference) 8:08, Fraser Tor (Tripping) 10:13, Timonen Phi (Tripping) 10:43.

4. Toronto, Grabovski 6 (Macarthur, Kadri) 7:52
5. Philadelphia, Voracek 8 (Timonen, Giroux) 11:42 (pp)

6. Toronto, McClement 2 (Kulemin) 19:47 (en)
Penalties — Talbot Phi (Hooking) 5:46, van Riemsdyk Tor (Hooking) 11:18, van Riemsdyk Tor (Holding) 11:18.

Shots
Toronto 10 4 8—22
Philadelphia 10 5 10—25

Goal — Toronto: Scrivens (W, 6-5-0).
Philadelphia: Bryzgalov (L, 9-9-1).

Power plays (goal-chances) — Toronto: 0-4.
Philadelphia: 1-6.

Referees — Brad Meier, Kyle Rehman.
Linesmen — Mark Shewchuk, Tim Nowak.

Attendance — 19,645 (Wells Fargo Center).



Horoscopes

Aries

March 21 - April 20

If you have the slightest doubts about a person's honesty then don't take any risks. With retrograde Mercury impacting your ruler Mars today there are sound astrological reasons you cannot afford to be reckless.

Taurus

April 21 - May 21

Stick to methods and routines you are familiar with and make sure you focus on one thing at a time. Let other people worry about the bigger picture: Your talent is making sense of all the little details.

Gemini

May 22 - June 21

If you believe you are destined for bigger and better things then now is the time to get serious about making a name for yourself. Firstly, clarify your aims: The simpler your objectives, the easier they will be to reach.

Cancer

June 22 - July 23

If you still can't get someone to tell you what you want to know then why not adopt a more agreeable manner and hope they open up later on? Chances are you have been a bit too forceful for your own good.

Leo

July 24 - Aug. 23

Someone may be looking for a fight but if you are smart you will stay out of their way. Most likely they are all talk and no action but, who knows, maybe they really do want a showdown.

Virgo

Aug. 24 - Sept. 23

You won't be very communicative today. It seems you have important things on your mind — things you need to consider carefully before reaching a decision. If others want to talk, let them talk among themselves.

Libra

Sept. 24 - Oct. 23

You appear to have lost enthusiasm for something you once had high hopes for. That's OK. People change as time goes on and there is no need to feel guilty about it. You don't have to finish every job you start.

Scorpio

Oct. 24 - Nov. 22

It may annoy you that you are being held back from something but there is a good cosmic reason for it. Mercury retrograde means a number of things won't make much sense, at least not until later.

Sagittarius

Nov. 23 - Dec. 21

Take it easy today. If you charge into situations blindly, you are likely to mess things up — and maybe make a few enemies in the process. A more laid back approach now will pay dividends throughout the week.

Capricorn

Dec. 22 - Jan. 20

Don't give in to pressure and don't let anyone divert you away from the goal you have set yourself. Your birth sign is noted for its focus and commitment, so head in a straight line for your target.

Aquarius

Jan. 21 - Feb. 19

You may have the kind of idea today that you think will solve all your problems, but is it really so great? The planets warn you could be deceiving yourself, so get a second opinion from someone you trust.

Pisces

Feb. 20 - March 20

Why are you worrying so much about the future when the only thing that matters is today? Put plans for tomorrow and next week and next year out of your head and ask yourself "What can I do now?" **SALLY BROMPTON**

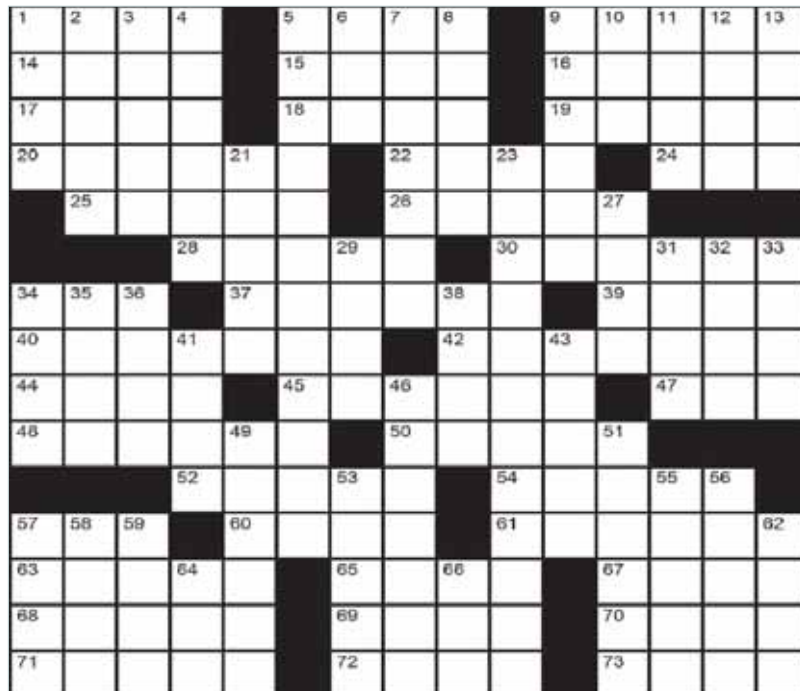
Crossword: Canada Across and Down

Across

- Singer Ms. Jordan
- "Rio ___" (1970) starring John Wayne
- John of "SCTV"
- ___ bit of light in (Tilt the blinds)
- Hamilton football venue until recently, ___ Wynne Stadium
- Keep ___ head (Remain calm)
- ___ now (Up to this point)
- Playthings
- Dish out
- Be the final player up: 2 wds.
- "___ la vie!"
- US political designation
- Danger
- The Hunter constellation
- Stagnant
- Aspirations
- Mudbath locale
- Mr. Kutcher
- Hockey movie, "___ Shot" (1977)
- metronews.ca, for one
- Use a ruler
- Botanical 'coat'
- Prince William's brother, and others
- Huffy
- Richard Gere flick, "American ___" (1980)
- "American Idol" Season 5 winner, Taylor ___
- Hockey great Mr. Hull
- Practice eco-friendliness
- Band-Aid, et al.
- Comic Mr. Macdonald
- Proprietors
- B-day web greeting
- Feels yucky
- Montreal-born singer Vannelli
- "Party Rock Anthem" duo
- Door handle
- "From here ___": 2 wds.
- Ambulance signal
- Like omelets
- "Disco Duck" singer Rick

Down

- Smelting waste

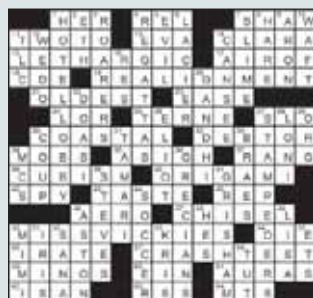


- Ancient teller of fables
- Swiped
- "Surfin' ___" by The Beach Boys
- '80s TV series starring a dog, "The ___"
- Ab ___ (From the beginning, in Latin)
- Type of protest
- Canadian figure skating great Brian
- Beaver: French
- Hotshot
- North: French
- Peace bird

- Cosmology's original matter
- Mount of the Bible
- Hockey star from Nova Scotia: 2 wds.
- Scotland's Loch ___ Monster
- "Cheers" star Ms. Perlman
- Reunion attendee
- Actress, Rooney ___
- Accelerated
- Celebrity 'gifting suites' items, ___ bags
- Ms. Gilpin of "Frasier"
- '80s hit: "In ___ Country"
- Actor Mr. Katz

- Untidy type
- Lopsided
- Rapper's skill
- Ontario city
- Ra, in ancient Egypt: 2 wds.
- Car stopper
- River of Paris
- "Sesame Street" character
- Phone nos.
- Caesar's 1901
- Johannesburg, ___
- Family members
- Actress, ___ Dawn Chong
- Captain's record

Yesterday's Crossword

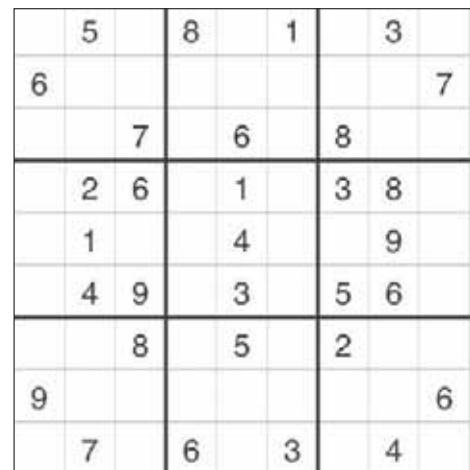


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

0°/-8°
Sunny

Wednesday

1°/-4°
Sunny

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